

Princeton Nassau Pediatrics, P. A.

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0-2 Week Weight Check

What your baby may be doing now:

- Sleeping 2-3 hours at a time
- Able to focus on your face during feeds
- Respond or startle to loud noises
- Lift head briefly while on belly
- May have about 6 wet diapers, and at least 3-4 yellow, seedy stools per 24 hours. Most babies strain to pass bowel movements- this is okay, as long as stools are soft.
- May spit up a small amount occasionally after feeding

Feeding:

- Breast milk is best for your baby
- Try to breastfeed 8-10 times per day- aim for 10-15 minutes on each breast.
- If baby is falling asleep at the breast, try undressing her down to the diaper
- If using formula, feed your baby 2-3 ounces every 2-4 hours
- Your baby does not need water or any supplement other than breast milk or formula.
- Do not give baby honey in the first year of life
- If breastfeeding, your baby needs a Vitamin D supplement: TriViSol 1mL daily

Safety

- Place baby to sleep on his back (not on side or stomach)
- Use a firm sleeping surface, without pillows, comforters, stuffed animals or soft bedding
- Use a rear-facing car seat for every ride
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Protect baby from direct sun exposure

- Always wash your hands before feeding baby and after changing diapers
- Avoid exposing baby to large crowds or people who are ill
- Avoid over bundling your baby, as this can increase the risk of SIDS. Usually babies need one more layer of clothing than you do. Cool hands and feet are normal.

When to call the office:

- If your baby is vomiting, feeding poorly, is having trouble breathing or has a rectal temperature over 100.4°F, he may be very ill- call us immediately
- If your baby looks jaundiced (yellow color to the skin, or in the white part of the eyes)
- For routine questions, or if you have other concerns, call us, or check out the [Pediatric Advisor](#) section on our website

What to bring to your visit:

- Patient registration information
- Your insurance card (Be sure to get baby signed up onto your insurance plan before he is 30 days old!)
- Any discharge papers from hospital
- Your list of questions, and log of baby's feeding/voiding
- Plan to arrive early to your appointment- it always takes longer to leave the house with a newborn!

Vaccines

- [Hepatitis B](#) (if not given at hospital)
- [PNP Vaccine Policy](#)

Web Resources

- www.aap.org
- www.breastfeeding.com
- [Swaddling 101](#)
- [Children's Hospital of Philadelphia Vaccine Website](#)